

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

July 2011

Pasta Veggie Salad

Zesty Grilled Chops

Mexi Ranch Dip

Fruit Salsa and Cinnamon Chips

Pasta Veggie Salad

4 cups cooked pasta, any type
2 cups broccoli florets
2 carrots, sliced thinly
½ green pepper, chopped
½ red onion, chopped
1 can (15-16 ounces) beans, drained and rinsed (kidney, garbanzo, etc.)
½ cup reduced-fat Italian salad dressing

1. Wash and chop all of the vegetables.
2. In a large serving bowl, combine all ingredients and mix well.
3. Cover and refrigerate. Toss before serving.

Note: Start with about 2 cups uncooked pasta to get 4 cups cooked.

Recipe Source: Iowa State University Extension

Nutrition Note: This recipe makes 8 servings. Each serving has 160 calories, 1.5 grams of fat, and 31 grams of carbohydrates.



Shop Smart - Stretch Your Fruit & Veggie Dollar

When buying summer squash, here are some things to consider.

Select: Firm without bruises, cracks, or dents

Store: In the refrigerator for up to 1 week

Use: Roasted, grilled, or in soups

(From the California WIC Program)

Zesty Grilled Chops

¾ cup soy sauce
¼ cup lemon juice
1 tablespoon chili sauce
1 tablespoon brown sugar
1 garlic clove, minced
6 pork chops



1. In a small bowl, combine the soy sauce, lemon juice, chili sauce, brown sugar, and garlic. Mix together to make the marinade.
2. Place pork chops in a sealable plastic bag and pour the marinade over them.
3. Seal bag and shake.
4. Refrigerate 3-6 hours or overnight.
5. Grill or broil, brushing occasionally with the marinade.

Nutrition Note: This recipe makes 6 servings. Each serving has 160 calories, 3.5 grams of fat, and 7 grams of carbohydrates.

Breastfeeding:

Why breastfeed?

“Because it helps my baby’s immune system, and I like the bonding with my baby.”

~ WIC Breastfeeding Mom from Turtle Mountain WIC



Mexi Ranch Dip

½ cup low-calorie ranch salad dressing
½ cup salsa

1. In a small bowl, mix the dressing with the salsa.
2. Serve the dip with a variety of fresh veggies like baby carrots, pea pods, cherry or grape tomatoes, cucumber slices, broccoli, cauliflower, red or green bell pepper slices, zucchini slices, or celery sticks.

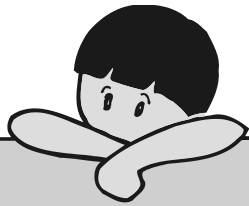
Nutrition Note: This recipe makes 8 servings. Each serving has 45 calories, 3.5 grams of fat, and 3 grams of carbohydrates.

Fruit Salsa and Cinnamon Chips

4 apples
2 pounds strawberries
3 kiwi
Juice from 1 orange
¼ cup brown sugar
4 whole wheat tortillas
Nonstick cooking spray
Sugar and cinnamon

1. Wash and chop all fruit (do not peel apples).
2. In a large bowl, combine fruit, juice from orange, and brown sugar. Refrigerate until cold.
3. Preheat oven to 350 degrees.
4. Cut tortillas into pie-shaped pieces. Spray one side of the tortilla piece with nonstick cooking spray. Sprinkle with sugar and cinnamon.
5. Bake on a cookie sheet until edges start to curl, about 10 minutes.
6. Serve fruit salsa with baked cinnamon tortilla chips.

Nutrition Note: This recipe makes 8 servings. Each serving has 210 calories, 2 grams of fat, and 46 grams of carbohydrates.



Turn Off the TV

Batter Up! Set a beach ball on top of a cone. Children can hit the ball across an open outdoor space with a flat open hand or strike it with a thick plastic bat. Once it lands on the ground, run after the ball and hit it again and again.

(From www.headstartbodystart.org)



Beat the Heat

The hot days of summer are coming. Beat the heat with healthy drinks, like water, and limit soda and other sugary drinks.



Enjoy water by:

- Drinking cold water with ice.
- Keeping a pitcher of water in your refrigerator.
- Trying a squeeze of lemon or lime in your water.
- Trying sugar-free drink mixes. There are a variety of flavors such as raspberry, strawberry and peach.
- Making a pitcher of unsweetened ice tea.
- Drinking bottled water if your water is unsafe to drink.
- Buying unsweetened flavored waters.

Source: www.numatters.com



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
North Dakota Department of Health
Division of Nutrition and Physical Activity
600 E. Boulevard Ave., Dept. 301
Bismarck, N.D. 58505-0200
800.472.2286, option 1

GROWING HAPPY FAMILIES

Encourage Physical Activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run and play with your child – instead of sitting on the sideline. Set an example by being physically active and using safety gear, like bike helmets.

